# **BAY COUNTY DIVISION ON AGING**

#### HDM/MEAL SITE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
(1) DEVILED PORK CHOP BAKED POTATO (3) ITALIAN BEANS WHOLE WHEAT BREAD w/OLEO (1) CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)	(2) CHICKEN ALA KING SLICED CARROTS CREAMY COLESLAW (1) BISCUIT & OLEO (1) ALMOND POPPYSEED CAKE (3) FAT-FREE MILK (1)	(3) MACARONI & CHEESE (3) PEAS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD w/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(4) BEEF POT ROAST MASHED POTATOES W/BEEF GRAVY (1) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) SLICED PEACHES (1) FAT-FREE MILK (1)	
(8) OVEN BAKED GARLIC CHICKEN RED SKIN POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD w/OLEO (1) FRUIT COCKTAIL (1) FAT-FREE MILK (1)	(9) BARBECUE PORK SANDWICH (1) ON A WHOLE WHEAT BUN (2) OVEN BROWNED POTATO (1) WHOLE KERNEL CORN (1) PLUMS IN JUICE (1) FAT-FREE MILK (1)	(10) HEARTY BEEF STEW (1) CAULIFLOWER MULTI-GRAIN DINNER ROLL (2) CARROT CAKE (1) FAT-FREE MILK (1)	(11) VETERANS' DAY ALL OFFICES & MEAL SITES WILL BE CLOSED	
(15) CHEESEBURGER ON A WHEAT BUN (2) BAKED POTATO (3) WAX BEANS PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(16) COUNTRY-STYLE BAKED CHICKEN MASHED POTATOES w/ GRAVY (1) SQUASH WHOLE WHEAT BREAD w/OLEO (1) MOLDED FRUIT JELLO (1) FAT-FREE MILK (1)	(17) SWEET & SOUR PORK (1) OVER BROWN RICE (1) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD w/OLEO (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(18) THANKSGIVING DINNER SLICED TURKEY STUFFING (2) MASHED POTATOES w/ GRAVY (1) GREEN BEANS ALMONDINE MULTI-GRAIN DINNER ROLL & OLEO (1) PUMPKIN PIE w/TOPPING (3) MILK (1)	
(22) PAPRIKA CHICKEN RED SKIN POTATOES (1) SLICED CARROTS WHOLE WHEAT BREAD w/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(23) SLICED ROAST BEEF MASHED POTATOES w/BEEF GRAVY (1) CAULIFLOWER WHOLE WHEAT BREAD w/OLEO (1) CHERRY CRISP (3) FAT-FREE MILK (1)	(24) BAKED PORK CHOP BAKED POTATO (3) EUROPEAN BLEND VEGETABLES MULTI-GRAIN DINNER ROLL & OLEO (2) FRUIT (2) FAT-FREE MILK (1)	(25) THANKSGIVING HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED	
(29) LUNCHEON STEAK/BROWN GRAVY MASHED POTATOES (1) RIVIERA BLEND VEGETABLES WHOLE WHEAT BREAD w/OLEO (1) PEAR SLICES (1) FAT-FREE MILK (1)	(30) CHICKEN RICE CASSEROLE (2) PEAS & PEARL ONIONS CREAMY COLESLAW (1) MULTI-GRAIN DINNER ROLL & OLEO (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(DECEMBER 1) BREADED TILAPIA (1) BAKED POTATO (3) CALIFORNIA BLEND VEGETABLES WHOLE WHEAT BREAD w/OLEO (1) LIME POKE CAKE (3) FAT-FREE MILK (1)	(DECEMBER 2) CHINESE BEEF OVER BROWN RICE (2) CORN (1) WHOLE WHEAT BREAD w/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
(WEEK OF 11-1 THRU 11-4-10) <u>GARDEN SALAD</u> - COTTAGE CHEESE, CHEDDAR CHEESE, SLICED CUCUMBER, BABY CARROTS, RED ONION & TOMATO ON CHOPPED ROMAINE LETTUCE WITH BACON BITS, CROUTONS, AND MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY  MILK	ROAST BEEF SANDWICH SLICED ROAST BEEF PLACED ON RYE BREAD WITH SWISS CHEESE, ROMAINE LETTUCE, RED ONION, AND TOMATO SERVED WITH SAUERKRAUT, THOUSAND ISLAND DRESSING, BABY CARROTS, AND CUCUMBER SPEARS DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 11-8 THRU 11-11-10) <u>SPINACH SALAD</u> - FRESH SPINACH WITH BAKED CHICKEN, EGG, RED ONION, TOMATO, MANDARIN ORANGES, TOASTED ALMONDS, CRUSHED CROUTONS SERVED w/BACON RANCH DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	CREAMY EGG SALAD SANDWICH CREAMY EGG SALAD ON WHOLE WHEAT BREAD WITH ROMAINE LETTUCE, RED ONION, SLICED TOMATO, CARROTS, AND CUCUMBER SPEARS DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 11-15 THRU 11-18-10)  TUNA SALAD - LIGHT CHUNK TUNA MIXED  w/CELERY, GARDEN SEASONING, AND  LITE MAYO, PLACED ON CHOPPED  ROMAINE LETTUCE WITH RED ONION,  TOMATO, AND CUCUMBERS SERVED  w/MARZETTI RANCH DRESSING  TOWNHOUSE CRACKERS  DESSERT/FRUIT OF THE DAY  MILK	TURKEY WRAP SHAVED TURKEY BREAST WITH SWISS CHEESE PLACED ON A WHOLE WHEAT WRAP WITH ROMAINE LETTUCE, RED ONION, AND SLICED TOMATO, SERVED WITH LITE BUTTERMILK DRESSING, BABY CARROTS, AND CUCUMBER SPEARS DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 11-22 THRU 11-25-10) <u>CHICKEN SALAD</u> - CREAMY CHICKEN SALAD MADE w/ALL WHITE MEAT CHICKEN ON A BED OF CHOPPED ROMAINE LETTUCE w/RED ONION, TOMATO AND CUCUMBERS WITH MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	HOMEMADE MEATLOAF SANDWICH HOMEMADE MEATLOAF PLACED ON RYE BREAD w/AMERICAN CHEESE, ROMAINE LETTUCE, RED ONION, CUCUMBER SPEARS, AND CARROTS, SERVED WITH HONEY-MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 11-29 THRU 12-2-10) <u>CAESAR SALAD</u> - BAKED CHICKEN, ROMAINE LETTUCE, CHEESE & CROUTONS WITH MARZETTI CAESAR DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	TUNA SALAD WRAP - CREAMY TUNA SALAD ON A WHOLE WHEAT WRAP WITH ROMAINE LETTUCE, RED ONIONS & SLICED TOMATO SERVED WITH RANCH DRESSING, CUCUMBERS, AND BABY CARROTS DESSERT/FRUIT OF THE DAY FAT-FREE MILK

#### **NOVEMBER 2010**

## **HAMPTON EVENING MENU**

## **BAY COUNTY DIVISION ON AGING**

(1) BEEF POT ROAST BAKED POTATO (3) STEWED TOMATOES (1) WHOLE WHEAT BREAD/OLEO PEACHES & CREAM CAKE (1) FAT-FREE MILK (1) (1) CHICKEN TRUIT (1) FAT-FREE MILK (1) FAT-FREE MIL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STEWED TOMATOÉS (1) WHOLE WHEAT BREAD/OLEO PINEAPPLE CHUNKS (1) FAT-FREE MILK (1) FA	(1) BEEF POT ROAST	(2) DUTCH CHICKEN	(3) COD FILET SANDWICH ON	(4) SPANISH RICE (2)	(5)
WHOLE WHEAT BREAD/OLEO PEACHES & CREAM CAKE (1) FAT-FREE MILK (1)	BAKED POTATO (3)	DUTCH POTATOES (1)	A WHOLE WHEAT BUN (2)	BROCCOLI	EMPLOYEE IN-SERVICE
PINEAPPLE CHUNKS (1) FAT-FREE MILK (1) FAT-FREE	STEWED TOMATOES (1)	WHOLE KERNEL CORN (1)	HERB BAKED POTATOES (1)	CARROT RAISIN SALAD (1)	
FAT-FREE MILK (1)   SAKED POTATOES WIGHLIAND CALIFORNIA BLEND VEGGIES   SAKED POTATOES WIGHLIAND CALIFORNIA BLEND VEGGIES   SAKED POTATOES WIGHLIAND CALIFORNIA BLEND VEGGIES   TOSSED SALAD & DRESSING WHOLE WHEAT BREAD (1)   FAT-FREE MILK (1)	WHOLE WHEAT BREAD/OLEO	WHOLE WHEAT BREAD/OLEO	CREAMY COLESLAW (1)	MULTI-GRAIN DINNER ROLL	ALL OFFICES
(8) OVEN BAKED CHICKEN RED SKIN POTATOES W/ONION CALIFORNIA BLEND VEGGIES WHOLE WHEAT BREAD/OLEO DICED PEARS (1) FAT-FREE MILK (1) FAT-FRE	PINEAPPLE CHUNKS (1)	PEACHES & CREAM CAKE (1)	FRUIT (1)	MIXED FRUIT CUP (1)	& MEAL SITES
RÉD SKIN POTATOES W/ONION CALIFORNIA BLEND VEGGIES MHOLE WHEAT BREAD/OLEO DICED PEARS (1) TROPICAL FRUIT (1) FAT-FREE MILK (1) TROPICAL FRUIT (1) TROPICAL FRUIT (1) FAT-FREE MILK (1) TROPICAL FRUIT (1) FAT-FREE MILK (1) TROPICAL FRUIT (1) FAT-FREE MILK (1) TROPICAL FRUIT (1) TROPICAL FRUIT (1) FAT-FREE MILK (1) TROPICAL FRUIT (1) TROPICAL FREE MILK (1) TROPICAL FRUIT (1) TRUBL BEAD WILL BE CLOSED  WHOLE WHEAT BREAD WILL BC LOSED  WHOLE WHEAT BREAD WILL (1) TROPICAL FRUIT (1) TROPICAL FRUIT (1) TROPI	FAT-FREE MILK (1)	FAT-FREE MILK (1)	FAT-FREE MILK (1)	FAT-FREE MILK (1)	WILL BE CLOSED
CALIFORNIA BLEND VEGGIES WHOLE WHEAT BREAD/OLEO DICED PEARS (1) FAT-FREE MILK (1)  CANDIED SWEET POTATO (3) STEAMED BROCCOLI STEUTH OF PAT-FREE MILK (1) FAT-FREE MILK (1) FAT	(8) OVEN BAKED CHICKEN	(9) HOMEMADE GOULASH (2)	(10) CHICKEN TENDERS	(11)	(12)
WHOLE WHEAT BREAD/OLEO DICED PEARS (1) FAT-FREE MILK (1) FAT-FREE	RED SKIN POTATOES w/ONION	SLICED CARROTS	BAKED POTATO (3)	VETERANS' DAY	BOILED DINNER (1)
DICED PEARS (1) FAT-FREE MILK (1)  (16) BAKED PORK CHOP CANDIED SWEET POTATO (3) WHOLE WHEAT BREAD/OLEO CHUNKY APPLESAUCE (1) FAT-FREE MILK (1) FAT-FREE MIL	CALIFORNIA BLEND VEGGIES	TOSSED SALAD & DRESSING	GREEN PEAS		MULTI-GRAIN
FAT-FREE MILK (1)  (15)  (16)  (17)  (17)  (18)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (19)  (10)  (10)  (10)  (10)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (11)  (12)  (12)  (13)  (14)  (14)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (15)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)  (14)		GARLIC BREAD (1)	WHOLE WHEAT BREAD w/OLEO	ALL OFFICES	DINNER ROLL & OLEO (2)
(15) LUNCHEON STEAK W/TOMATO SAUCE CANDIED SWEET POTATO (3) MASHED POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD/OLEO CHUNKY APPLESAUCE (1) FAT-FREE MILK (1) PAT-FREE MI	` '	TROPICAL FRUIT (1)	FRESH FRUIT (1)	AND MEAL SITES	OATMEAL APPLESAUCE CAKE
LUNCHEON STEAK W/TOMATO SAUCE MASHED POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD/OLEO CHUNKY APPLESAUCE (1) FAT-FREE MILK (1) C2) LEMON PEPPER TILAPIA BAKED POTATOES (1) MASHED POTATOES (1) FRUIT (2) FAT-FREE MILK (1) C3) HUNGARIAN PORK CHOP MASHED POTATOES (1) FAT-FREE MILK (1) FAT-FREE MILK (1) FAT-FREE MILK (1)  (23) HUNGARIAN PORK CHOP MIXED VEGETABLES WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1) FAT-FREE MILK (1)  (30) C10 CHUNKY APPLESAUCE (2) MIXED VEGETABLES WHOLE WHEAT BREAD/OLEO PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)  (30) C10 CHUNER STEAMED BROCCOLI MULTI-GRAIN DINNER ROLL PUMPKIN PIE/WHIPPED TOPPING FAT-FREE MILK (1) FAT-FREE MILK (1) FAT-FREE MILK (1)  (24) CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) GARLIC BREAD STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)  (25) THANKSGIVING HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED  WILL BE CLOSED  WILL BE CLOSED  (DECEMBER 1) OVER BROWN RICE (2) STEAMED BROCCOLI MULTI-GRAIN DINNER ROLL PUMPKIN PIE/WHIPPED TOPPING FAT-FREE MILK (1) FAT-FREE MILK (1) FAT-FREE MILK (1)  (26) THANKSGIVING HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED  (DECEMBER 2) BEEF POT ROAST MASHED POTATOES W/GRAVY MINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO STEAMED BROCCOLI MULTI-GRAIN DINNER ROLL MUCLE WHEAT BREAD W/OLEO STEAMED BROCCOLI MASHED POTATOES W/GRAVY WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO STEAMED BROCCOLI MILE WHEAT BREAD W/OLEO STEAMED POTATOES W/GRAVY WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO STEAMED POTATOES W/GRAVY WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO STEAMED POTATOES W/GRAVY WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO STEAMED POTATOES W/GRAV	FAT-FREE MILK (1)	FAT-FREE MILK (1)	FAT-FREE MILK (1)	WILL BE CLOSED	FAT-FREE MILK (1)
W/TOMATO SAUCE MASHED POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD/OLEO CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)  (22) LEMON PEPPER TILAPIA BAKED POTATO (3) SLICED CARROTS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1) FAT-FREE MILK (1)  (30) DEVILED PORK CHOPS BAKED POTATO (3) STEAMED BROCCOLI STEAMED BROCCOLI STEAMED BROCCOLI STEAMED BROCCOLI STUFFING (2) GREEN BEANS ALMONDINE MULTI-GRAIN DINNER ROLL PUMPKIN PIE/WHIPPED TOPPING FAT-FREE MILK (1)  (24) CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) GARLIC BREAD STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)  (29) DEVILED PORK CHOPS BAKED POTATO (3) SLICED CARROTS  (30) CHICKEN ALA KING BISCUIT & OLEO (1) BAKED POTATO (3) SLICED CARROTS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1) FAT-FREE MILK (1)  (29) CHICKEN ALA KING BISCUIT & OLEO (1) STEAMED BROCCOLI STUFFING (2) GREEN BEANS ALMONDINE MULTI-GRAIN DINNER ROLL PUMPKIN PIE/WHIPPED TOPPING FAT-FREE MILK (1) FAT-FREE MILK (1)  (24) CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) GARLIC BREAD STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)  (29) DEVILED PORK CHOPS BAKED POTATO (3) SISCUIT & OLEO (1) STUFFING (2) STEAMED BROCCOLI STEAME	(15)	(16)	(17)	(18) THANKSGIVING DINNER	(19)
MASHED POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREADO CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)  (22) LEMON PEPPER TILAPIA BAKED POTATO (3) SLICED CARROTS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1)  (30) EVILED PORK CHOPS BAKED POTATO (3) SLICED CARROTS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1)  (30) CHINKS (1)  (30) CHICKEN ALA KING BAKED POTATO (3) SLICED CARROTS SHAMED BROCCOLI SALTINE CRACKERS (1) FRUIT (2) SALTINE CRACKERS (1) FRUIT (2) FRUIT (2) FRUIT (2) FAT-FREE MILK (1) FAT-FREE MILK (1) FAT-FREE MILK (1)  (24) CABBAGE CASSEROLE (2) WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1) FAT-FREE MILK (1) FAT-FREE MILK (1) FAT-FREE MILK (1) FAT-FREE MILK (1)  (25) THANKSGIVING HOLIDAY  ALL OFFICES & MEAL SITES WILL BE CLOSED  OVER BROWN RICE (2) WINTER BLEND VEĞĞIES WHOLE WHEAT BREAD W/OLEO (1) PEACH/PEAR/PINEAPPLE FAT-FREE MILK (1)  PEACH/PEAR/PINEAPPLE FAT-FREE MILK (1)  PHANKSGIVING HOLIDAY  ALL OFFICES & MEAL SITES WILL BE CLOSED  WILL BE CLOSED  WILL BE CLOSED  OVER BROWN RICE (2) WASHED POTATOES W/GRAVY OVER BROWN RICE (2) STEAMED BROCCOLI WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1)  ALMOND POPPYSEED CAKE  ALL OFFICES & MEAL SITES WILL BE CLOSED  WHOLE WHEAT BREAD/OLEO WHOLE WHEAT BREAD W/OLEO SLICED PEACHES (1)  LEMON PUDDING (3)	LUNCHEON STEAK	BAKED PORK CHOP	HOMEMADE CHILI (2)	SLICED TURKEY	SLICED HAM
PEAS & PEARL ONIONS WHOLE WHEAT BREAD/OLEO CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)  (22) LEMON PEPPER TILAPIA BAKED POTATO (3) SLICED CARROTS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1) FAT-FREE MILK (1)  (30) CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)  SALTINE CRACKERS (1) FRUIT (2) FAT-FREE MILK (1) FAT-FREE MILK (1) FAT-FREE MILK (1) FAT-FREE MILK (1)  FAT-FREE MILK (1)  (24) CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) GARLIC BREAD FAT-FREE MILK (1)  FAT-FREE MILK (1)  FAT-FREE MILK (1)  (25) THANKSGIVING HOLIDAY  ALL OFFICES & MEAL SITES WILL BE CLOSED  WILL BE CLOSED  WILL BE CLOSED  (DECEMBER 2) DEVILED PORK CHOPS BAKED POTATO (3) BISCUIT & OLEO (1) SLICED CARROTS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1)  FAT-FREE MILK (1)  C29  CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) GARLIC BREAD FAT-FREE MILK (1)  FAT-FREE MILK (1)  C29)  CHICKEN ALA KING BISCUIT & OLEO (1) SLICED CARROTS CREAMY COLESLAW (1) ALMOND POPPYSEED CAKE FRESH FRUIT (1)  CDECEMBER 1) MACARONI & CHEESE (2) PEAS WHOLE WHEAT BREAD W/OLEO SLICED PEACHES (1)  WHOLE WHEAT BREAD MODINE MULTI-GRAIN DINNER ROLL WOLEO (1) PUMPKIN PIEWHIPPED TOPPING MULT (1)  FAT-FREE MILK (1)  C26) THANKSGIVING HOLIDAY  THANKSGIVING HOLIDAY  ALL OFFICES & MEAL SITES WILL BE CLOSED  (DECEMBER 2) DECEMBER 2) DECEMBER 3) PORK CHOP SUEY OVER BROWN RICE (2) STEAMED BROCCOLI MUTTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO MUTTER BREAD W/OLEO SLICED PEACHES (1)  MHOLE WHEAT BREAD W/OLEO SLICED PEACHES (1)	w/TOMATO SAUCE	CANDIED SWEET POTATO (3)	BAKED POTATO (1)	MASHED POTATOES w/GRAVY	RED SKIN POTATOES (1)
WHOLE WHEAT BREAD/OLEO CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)  (22) LEMON PEPPER TILAPIA BAKED POTATO (3) SLICED CARROTS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1) FAT-FREE MILK (1)  (29) CABBAGE CASSEROLE (2) WHOLE WHEAT BREAD/OLEO PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)  (29) CABBAGE CASSEROLE (2) WHOLE WHEAT BREAD/OLEO PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)  (29) CABBAGE CASSEROLE (2) WHOLE WHEAT BREAD/OLEO PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)  (29) CABBAGE CASSEROLE (2) WHOLE WHEAT BREAD/OLEO PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)  (24) CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) GARLIC BREAD STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)  (29) CHICKEN ALA KING BAKED POTATO (3) BAKED POTATO (3) BISCUIT & OLEO (1) THANKSGIVING HOLIDAY  ALL OFFICES & MEAL SITES WILL BE CLOSED  (DECEMBER 2) BEEF POT ROAST MASHED POTATOES w/GRAVY WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO FRESH FRUIT (1) ALMOND POPPYSEED CAKE  WHOLE WHEAT BREAD W/OLEO FRESH FRUIT (1)  ALMOND POPPYSEED CAKE  WOLEO (1) PHAT-FREE MILK (1)  CABBAGE CASSEROLE (2) CABBAGE CASSEROLE (2) CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) ALL OFFICES & MEAL SITES WILL BE CLOSED  THANKSGIVING HOLIDAY  THANKSGIVING HOLIDAY  ALL OFFICES & MEAL SITES WILL BE CLOSED  WILL BE CLOSED  OVER BROWN RICE (2) WHOLE WHEAT BREAD W/OLEO STEAMP COLES (1)  MASHED POTATOES W/GRAVY WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO STEAMP COLES (1)  MULTI-GRAIN DINNER ROLL PUMPKIN PIE/WHIPPED TOPPING FAT-FREE MILK (1)  FAT-FREE MILK (1)  FAT-FREE MILK (1)  CABBAGE CASSEROLE (2) CABBAGE CASSEROLE (2) THANKSGIVING HOLIDAY  THAN	MASHED POTATOES (1)	CAULIFLOWER	STEAMED BROCCOLI	STUFFING (2)	EUROPEAN BLEND VEGGIES
CHUNKY APPLESAUCE (1) FAT-FREE MILK (1) (23) HUNGARIAN PORK CHOP MASHED POTATOES (1) MIXED VEGETABLES WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1) FAT-FREE MILK (	PEAS & PEARL ONIONS	WHOLE WHEAT BREAD	SALTINE CRACKERS (1)	GREEN BEANS ALMONDINE	WHOLE WHEAT BREAD
FAT-FREE MILK (1)  CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1) FAT-FREE MILK (1)  FAT-FREE MILK (1)  FAT-FREE MILK (1)  CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) GARLIC BREAD STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)  FAT-FREE MILK (1)  FAT-FREE MILK (1)  CABBAGE CASSEROLE (2) WHOLE WHEAT BREAD/OLEO FAT-FREE MILK (1)  FAT-FREE MILK (1)  CABBAGE CASSEROLE (2) WHOLE WHEAT BREAD WOLEO FAT-FREE MILK (1)  FAT-FREE MILK (1)  CABBAGE CASSEROLE (2) WHOLE WHEAT BREAD WOLEO FAT-FREE MILK (1)  CABBAGE CASSEROLE (2) WHOLE WHEAT BREAD WOLEO FAT-FREE MILK (1)  CABBAGE CASSEROLE (2) WHOLE WHEAT BREAD WOLEO FRESH FRUIT (1)  FAT-FREE MILK (1)  CABBAGE CASSEROLE (2) WHOLE WHEAT BREAD WOLEO MALL OFFICES & MEAL SITES WILL BE CLOSED  ALL OFFICES & MEAL SITES WILL BE CLOSED  FAT-FREE MILK (1)  CABBAGE CASSEROLE (2) WHOLE WHEAT BREAD WILL BE CLOSED  FAT-FREE MILK (1)  CABBAGE CASSEROLE (2) WHOLE WHEAT BREAD WILL BE CLOSED  FAT-FREE MILK (1)  CABBAGE CASSEROLE (2) WHOLE WHEAT BREAD WILL BE CLOSED  WILL BE CLOSED  FAT-FREE MILK (1)  CABBAGE CASSEROLE (2) WHOLE WHEAT BREAD WILL BE CLOSED  WILL BE CLOSED  OUR BREAD OFFICE WILL BE CLOSED  WILL BE CLOSED  WILL BE CLOSED  OUR BREAD OFFICE WILL BE CLOSED  THANKSGIVING HOLIDAY  THANKSGIVING HOLIDAY  THANKSGIVING HOLIDAY  THANKSGIVING HOLI	WHOLE WHEAT BREAD/OLEO	w/OLEO (1)	FRUIT (2)	MULTI-GRAIN DINNER ROLL	w/OLEO (1)
(22) LEMON PEPPER TILAPIA BAKED POTATO (3) BAKED POTATO (3) SLICED CARROTS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1) FAT-FREE MILK (1)  (29) CABBAGE CASSEROLE (2) WHOLE WHEAT BREAD/OLEO PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)  (29) CHICKEN ALA KING BAKED POTATO (3) BISCUIT & OLEO (1) BAKED POTATO (3) BISCUIT & OLEO (1) STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)  (29) CHICKEN ALA KING BAKED POTATO (3) BISCUIT & OLEO (1) STRAWBERRY POKE CAKE (2) BAKED POTATO (3) BISCUIT & OLEO (1) STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)  (DECEMBER 1) MACARONI & CHEESE (2) BEEF POT ROAST MASHED POTATOES W/GRAVY MASHED POTATOES W/GRAVY WINTER BLEND VEGETABLES WILL BE CLOSED  (DECEMBER 3) PORK CHOP SUEY OVER BROWN RICE (2) STEAMED BROCCOLI WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1)  FRESH FRUIT (1)  (25) THANKSGIVING HOLIDAY THANKSGIVING HOLIDAY  THANKSGIVING HOLIDAY  THANKSGIVING HOLIDAY  THANKSGIVING HOLIDAY  THANKSGIVING HOLIDAY  THANKSGIVING HOLIDAY  THANKSGIVING HOLIDAY  ALL OFFICES & MEAL SITES WILL BE CLOSED  W	CHUNKY APPLESAUCE (1)	FRUIT COCKTAIL CAKE (3)	FAT-FREE MILK (1)	PUMPKIN PIE/WHIPPED TOPPING	PEACH/PEAR/PINEAPPLE
BAKED POTATO (3) SLICED CARROTS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1) FAT-FREE MILK (1)  (29) (29) (30) DEVILED PORK CHOPS BAKED POTATO (3) BISCUIT & OLEO (1) SLICED CARROTS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (3) FAT-FREE MILK (1)  (29) CHICKEN ALA KING BAKED POTATO (3) ITALIAN BEANS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1)  ALMOND POPPYSEED CAKE  (1) CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) GARLIC BREAD STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)  (DECEMBER 1) MACARONI & CHEESE (2) WHOLE WHEAT BREAD W/OLEO FRESH FRUIT (1)  (DECEMBER 2) BEEF POT ROAST MASHED POTATOES W/GRAVY WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO FRESH FRUIT (1)  MIXED VEGETABLES WHOLE KERNEL CORN (1) GARLIC BREAD STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)  (DECEMBER 2) DEVILED POTATOES W/GRAVY WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO STEAMED BROCCOLI MULTI-GRAIN DINNER ROLL LEMON PUDDING (3)	FAT-FREE MILK (1)	FAT-FREE MILK (1)		FAT-FREE MILK (1)	FAT-FREE MILK (1)
SLICED CARROTS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1) FAT-FREE MILK (1)  (29) (29) BAKED POTATO (3) ITALIAN BEANS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1) FAT-FREE MILK (1)  (30) CHICKEN ALA KING BISCUIT & OLEO (1) SLICED CARROTS WHOLE KERNEL CORN (1) GARLIC BREAD STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)  (DECEMBER 1) MACARONI & CHEESE (2) PEAS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD W/OLEO FRESH FRUIT (1)  (DECEMBER 2) BEEF POT ROAST MASHED POTATOES W/GRAVY WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO FRESH FRUIT (1)  (DECEMBER 3) PORK CHOP SUEY OVER BROWN RICE (2) STEAMED BROCCOLI MULTI-GRAIN DINNER ROLL LEMON PUDDING (3)	(22) LEMON PEPPER TILAPIA	(23) HUNGARIAN PORK CHOP	(24)	(25)	(26)
WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1) FAT-FREE MILK (1)  (29) DEVILED PORK CHOPS BAKED POTATO (3) ITALIAN BEANS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1)  (30) CREAMY COLESLAW (1) SIRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)  (DECEMBER 1) MACARONI & CHEESE (2) PEAS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1)  (DECEMBER 2) BEEF POT ROAST MASHED POTATOES w/GRAVY WINTER BLEND VEGETABLES WHOLE WHEAT BREAD w/OLEO SLICED PEACHES (1)  MULL BE CLOSED  (DECEMBER 3) PORK CHOP SUEY OVER BROWN RICE (2) STEAMED BROCCOLI WHOLE WHEAT BREAD w/OLEO SLICED PEACHES (1)  WILL BE CLOSED  WILL BE CLOSED  WILL BE CLOSED  STEAMBER 3) PORK CHOP SUEY OVER BROWN RICE (2) STEAMED BROCCOLI MULTI-GRAIN DINNER ROLL LEMON PUDDING (3)	BAKED POTATO (3)	· · · · · · · · · · · · · · · · · · ·		THANKSGIVING HOLIDAY	THANKSGIVING HOLIDAY
FRESH FRUIT (1) FAT-FREE MILK (1)  (29) (30) CHICKEN ALA KING BAKED POTATO (3) ITALIAN BEANS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1)  PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)  STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)  WILL BE CLOSED  WHOLE WHEAT BREAD (1)  STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)  STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)  STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)  WILL BE CLOSED	SLICED CARROTS	MIXED VEGETABLES	WHOLE KERNEL CORN (1)		
FAT-FREE MILK (1)  (29)  (30)  (CHICKEN ALA KING BISCUIT & OLEO (1)  (TALIAN BEANS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1)  (30)  (DECEMBER 1)  MACARONI & CHEESE (2)  PEAS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD w/OLEO FRESH FRUIT (1)  (DECEMBER 2)  MACARONI & CHEESE (2)  PEAS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD w/OLEO SLICED PEACHES (1)  MULTI-GRAIN DINNER ROLL LEMON PUDDING (3)	WHOLE WHEAT BREAD/OLEO	WHOLE WHEAT BREAD/OLEO	GARLIC BREAD	ALL OFFICES & MEAL SITES	ALL OFFICES & MEAL SITES
(29) (30) (DECEMBER 1) (DECEMBER 2) (DECEMBER 3) PORK CHOPS (DECEMBER 3) PORK CHOP SUEY (DECEMBER 3) PORK CHOP SUE	FRESH FRUIT (1)	PINEAPPLE CHUNKS (1)	STRAWBERRY POKE CAKE (3)	WILL BE CLOSED	WILL BE CLOSED
DEVILED PORK CHOPS BAKED POTATO (3) BISCUIT & OLEO (1) SLICED CARROTS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1)  CHICKEN ALA KING BISCUIT & OLEO (1) PEAS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD W/OLEO FRESH FRUIT (1)  BEEF POT ROAST MACARONI & CHEESE (2) MASHED POTATOES W/GRAVY WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO SLICED PEACHES (1)  PORK CHOP SUEY WHOLE WHEAT BROWN RICE (2) WHOLE WHEAT BREAD W/OLEO SLICED PEACHES (1)  LEMON PUDDING (3)	FAT-FREE MILK (1)	FAT-FREE MILK (1)	FAT-FREE MILK (1)		
DEVILED PORK CHOPS BAKED POTATO (3) BISCUIT & OLEO (1) SLICED CARROTS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1)  CHICKEN ALA KING BISCUIT & OLEO (1) PEAS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD W/OLEO FRESH FRUIT (1)  BEEF POT ROAST MASHED POTATOES W/GRAVY WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO SLICED PEACHES (1)  PORK CHOP SUEY WHOLE WHEAT BROWN RICE (2) WHOLE WHEAT BREAD W/OLEO SLICED PEACHES (1)  BEEF POT ROAST WHOLE WHEAT BROWN RICE (2) WHOLE WHEAT BREAD W/OLEO SLICED PEACHES (1)  PORK CHOP SUEY WHOLE WHOLE WHEAT BROWN RICE (2) STEAMED BROCCOLI WHOLE WHEAT BREAD W/OLEO SLICED PEACHES (1)  LEMON PUDDING (3)	(29)	(30)	(DECEMBER 1)	(DECEMBER 2)	(DECEMBER 3)
BAKED POTATO (3) ITALIAN BEANS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (1) BISCUIT & OLEO (1) SLICED CARROTS CREAMY COLESLAW (1) ALMOND POPPYSEED CAKE PEAS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD W/OLEO WHOLE WHEAT BREAD W/OLEO SLICED PEACHES (1)  MASHED POTATOES W/GRAVY WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO SLICED PEACHES (1)  OVER BROWN RICE (2) WHOLE WHEAT BREAD W/OLEO SLICED PEACHES (1)		CHÍCKEN ALA KING	MACARONI & CHEESE (2)	BEEF POT ROAST	, ,
ITALIAN BEANS SLICED CARROTS TOSSED SALAD & DRESSING WINTER BLEND VEGETABLES STEAMED BROCCOLI WHOLE WHEAT BREAD W/OLEO SLICED PEACHES (1) LEMON PUDDING (3)	BAKED POTATO (3)	BISCUIT & OLEO (1)	, ,	MASHED POTATOES w/GRAVY	OVER BROWN RICE (2)
WHOLE WHEAT BREAD/OLEO CREAMY COLESLAW (1) FRESH FRUIT (1)  CREAMY COLESLAW (1) ALMOND POPPYSEED CAKE FRESH FRUIT (1)  WHOLE WHEAT BREAD w/OLEO SLICED PEACHES (1)  MULTI-GRAIN DINNER ROLL FRESH FRUIT (1)	` '	` '	TOSSED SALAD & DRESSING		` '
FRESH FRUIT (1) ALMOND POPPYSEED CAKE FRESH FRUIT (1) SLICED PEACHES (1) LEMON PUDDING (3)	WHOLE WHEAT BREAD/OLEO	CREAMY COLESLAW (1)	WHOLE WHEAT BREAD w/OLEO		MULTI-GRAIN DINNER ROLL
	FRESH FRUIT (1)	· · · · · · · · · · · · · · · · · · ·	FRESH FRUIT (1)	SLICED PEACHES (1)	
	FAT-FREE MILK (1)	FAT-FREE MILK (1)	FAT-FREE MILK (1)	FAT-FREE MILK (1)	FAT-FREE MILK (1)

# RIVERSIDE FRIENDSHIP CENTER ONLY

#### **NOVEMBER 2010**

(5)

**EMPLOYEE IN-SERVICE** 

RIVERSIDE FRIENDSHIP CENTER
WILL BE CLOSED

(12)
HOMEMADE LASAGNA (3)
ITALIAN BLEND VEGETABLES
TOSSED SALAD & DRESSING
GARLIC BREAD (1)
FRESH FRUIT (2)
FAT-FREE MILK (1)

(19)

BAKED VEAL PARMESAN
w/SPAGHETTI & MEAT SAUCE (1)
STEAMED BROCCOLI
TOSSED SALAD & DRESSING
GARLIC BREAD (1)
FRUIT (2)
FAT-FREE MILK (1)

(26)

THANKSGIVING HOLIDAY

RIVERSIDE FRIENDSHIP CENTER
WILL BE CLOSED

(DECEMBER 3)
BAKED BBQ PORK CHOP (1)
RED SKIN POTATOES (1)
TOSSED SALAD & DRESSING
WHOLE WHEAT BREAD w/OLEO (1)
SLICED PEACHES (1)
FAT-FREE MILK (1)